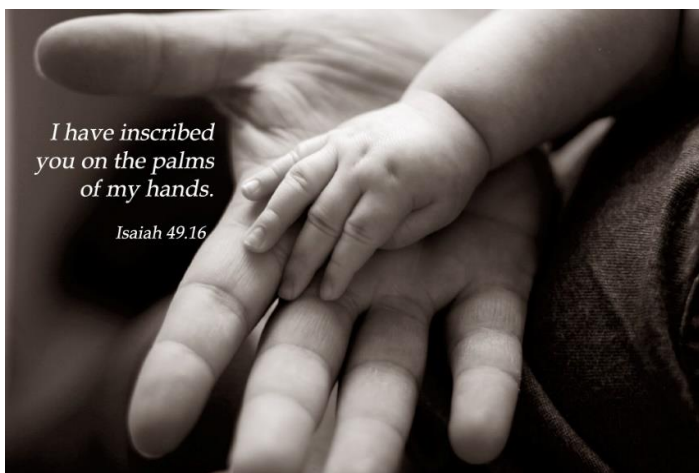


# Guided by a cloud 19 (Exodus 13:21-22)

I wonder how much notice you take of your hands, the 'tool' by which you are able to take communion this morning. Your hands are one of the most delicate, yet complex parts of your body. There are over 65 different muscles, 27 bones, 35 joints, nerves, blood vessels and ligaments all working together in complete harmony so that you can do things like take your communion bread and wine. The human hand – it's just one of the many examples that show us how amazing our creator is.

Most hands are similar, but there is one set of hands that is more complex, more complicated than all the others. The most powerful hands in the world and yet, for a while, the weakest. The cleanest hands in the world and yet, for a while, the dirtiest. The healthiest hands in the world and yet, for a while, severely injured. The most joyful, happiest hands in the world and yet, for a while, the saddest. They are of course the hands of Jesus.



## Worship time

[Jesus I have never seen](#)

[God I look to you](#)

[Standing in your presence](#)

John recalls the importance of Jesus' hands

John 10:28-30 *"And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of my hand. My Father, which gave them me, is greater than*

*all; and no man is able to pluck them out of my Father's hand. I and my Father are one."*

John 13:3 *"Jesus knew that the Father had given all things into his hands, and that he had come from God, and was returning to God;"*

As a village carpenter Jesus' hands must have been rough but he touches people gently. Jesus used His hands to heal, to perform miracles, to encourage children, to pray, to serve others and to give His life for us. His hands were anointed, nail pierced, dedicated and saving.

Ultimately He saved us by stretching out of his hands on the cross. Prior to that Jesus used his hands to break the bread and share the wine. As we take our communion we can reflect on how Jesus used his hands during his ministry and how we can use ours to carry on his work. Our hands can be used to praise God, pray, communicate love, bring comfort and healing, help others and hold them up.

Read Luke 22:15-20 and take your communion

Finish by reflecting on this quote from Teresa of Avila

*"Christ has no body now on earth but yours, no hands but yours, no feet but yours. Yours are the eyes through which Christ's compassion is to look out to the world; yours are the feet with which he is to go about doing good; yours are the hands with which God is to bless people now."*